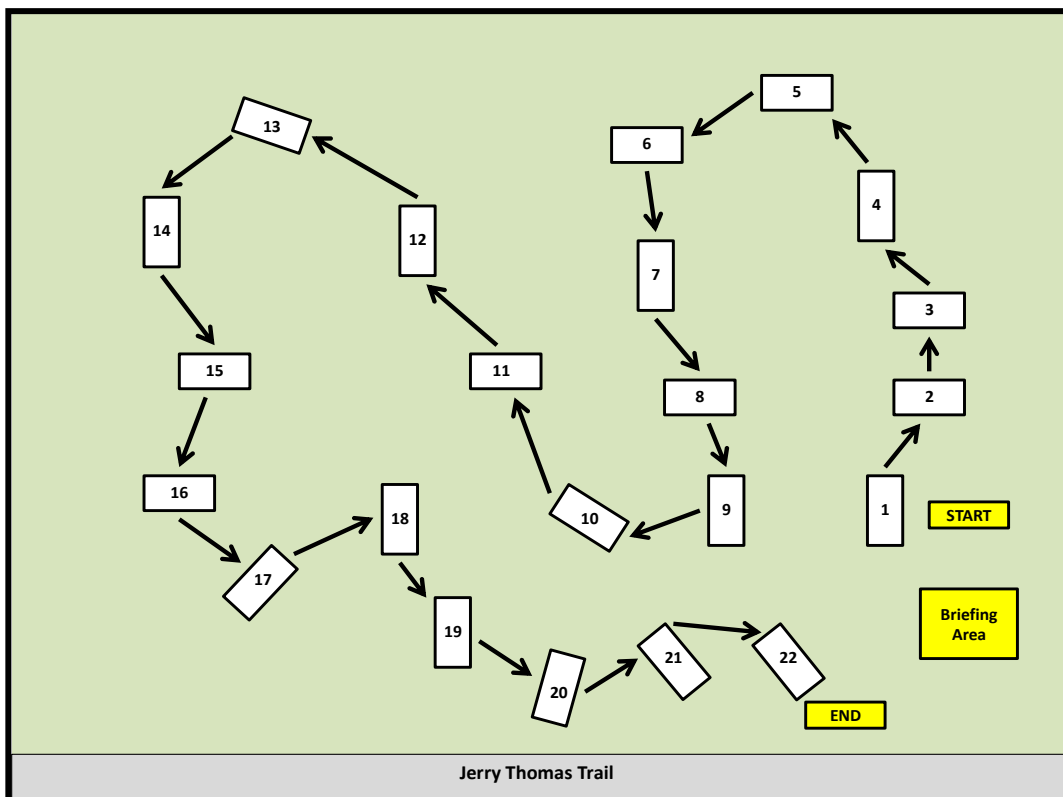
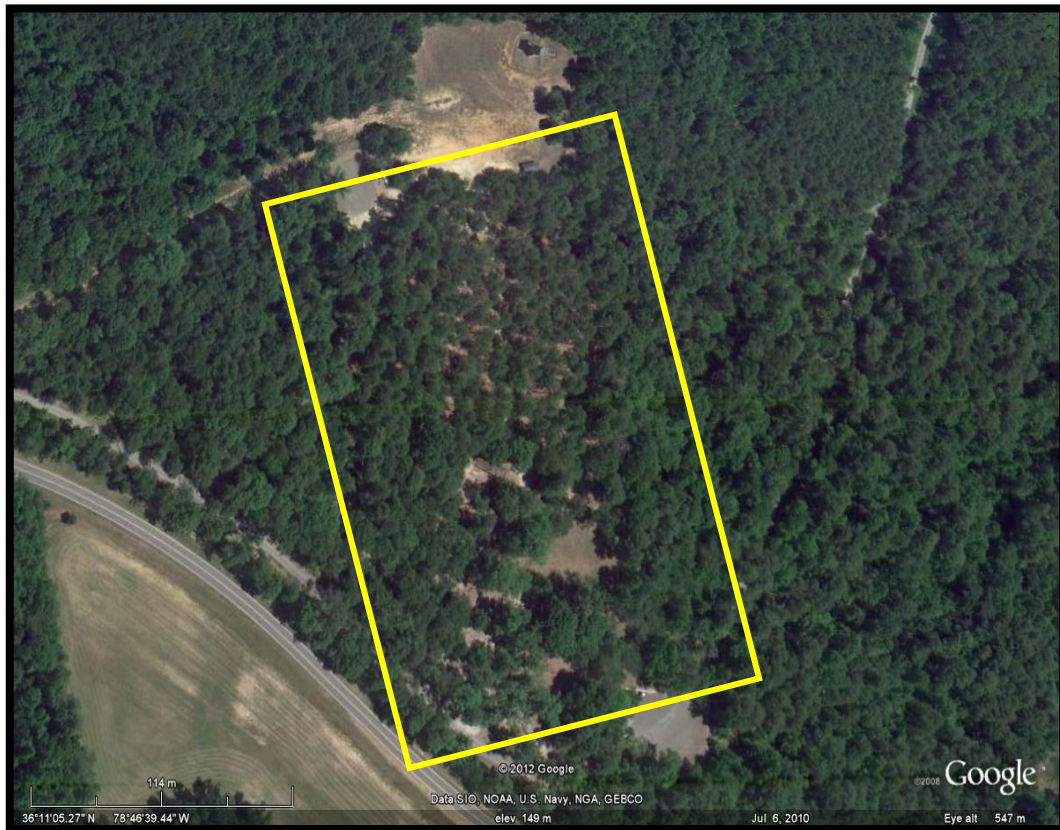


CONFIDENCE/OBSTACLE COURSE



B-5

LOCATION	Jerry Thomas Trail
DESCRIPTION	The Camp Butner obstacle course is a series of challenging physical obstacles an individual or team must navigate through by running , climbing , jumping , crawling and balancing with the aim of testing endurance and mental agility. The course consists of 22 obstacles with an entrance and exit with two loops.
CLASSROOM	No
LATRINE FACILITIES	Yes, Chemical Latrines.
RANGE CONTROL COMMUNICATION REQUIREMENTS	Establish communication with Range Control when occupied and maintain communications on the hour.
LOCATION OF RANGE FLAG	N/A
LOCATION OF RANGE ROAD GUARDS	N/A
RESTRICTIONS	Night operations are not authorized on this facility.
REMARKS	<p>Report all injuries to Range Control.</p> <p>Upon signing in for the course, Range Control will advise using units of what obstacles are closed due to hazards. These hazards will be marked and identified by Range Control prior to usage. If a hazard is identified and/or repairs are needed, notify Range Control immediately to be assessed.</p> <p>Prior to conducting training the OIC/NCOIC and all instructors will conduct a safety walk to ensure there is no damage to any obstacle, and no dangerous creatures on the course (i.e. Snakes, Spiders, Wasps). The OIC will complete a risk assessment, and require instructors to negotiate the obstacle that they are responsible for.</p>

DESCRIPTIONS OF EACH OBSTACLE

OBSTACLE	DESCRIPTION
THE LOG CROSS STATION 1	Walk across the log and maintain balance.
THE HIGH WALL STATION 2	Climb up, go over, and go down.
THE PIT STATION 3	Crawl through and climb out of the pit.
THE WALL HANGER STATION 4	Walk up the wall using the rope. From the top of the wall, grasp the bar and go hand over hand to the rope on the opposite end. The use the rope to descend.
THE SUSPENDED BALANCE STATION 5	Walk across to the other side.
THE TOUGH NUT STATION 6	Step over each X in the lane.
THE MONKEY CRAWL STATION 7	Hand over hand, feet locked on the rope, pull yourself to the other side.
THE HIGH STEP OVER STATION 8	Step over each log using one foot at a time.
THE JUMP AND LAND STATION 9	Climb the ladder to the platform and jump to the ground.
THE TOUGH ONE STATION 10	Climb up the ladder and then go over or through the beams at the top of the ladder. Walk across the beams and then climb up the top ladder. Climb over the top and then descend down the cargo net to the ground.
THE INCLINING WALL STATION 11	Approach the underside of the wall. Jump and grasp the top and pull yourself up and over. Jump or slide down the incline to the ground.
THE WEAVER STATION 12	Move from one end of the obstacle either by weaving your body under one bar and the next, or by crossing over all the bars without weaving

DESCRIPTIONS OF EACH OBSTACLE

THE CRAWL AND CLIMB STATION 13	Low crawl under the wire, then climb through the window.
THE TARZAN STATION 14	Mount the lowest beam and walk to the horizontal ladder. Grasp the two rungs of the ladder and then go hand over hand by swinging your body in the air until reaching the end.
THE SIX VAULTS STATION 15	Vault over the logs using one or both hands. Let feet land first.
THE BELLY RUBBER STATION 16	Step on the lower log and take a prone position on the horizontal logs. Crawl or roll over the logs using your belly until you reach the other end.
THE REVERSE CLIMB STATION 17	Climb the reverse climb, go over, and climb down the other side to the ground.
THE SWING AND JUMP STATION 18	Run toward the obstacle, jump into the air and grab the rope, swing across to the other side.
THE BALANCING LOGS STATION 19	Step up on a log, walk or run across it to the other side while maintaining your balance.
THE DIRTY NAME STATION 20	Mount the lower log and jump onto the high log. Grasp the top of the high log with both arms keeping your belly in contact with it. Then swing your legs over the log and lower yourself to the ground.
THE BELLY BUSTER STATION 21	Vault, climb or jump over the log. Log is not stationary.
THE INVERTED ROPE DESCEND STATION 22	Climb to the top of the tower. Grab the rope and swing legs upward using both your hands and legs. Slide down the rope. Leave the rope at orange release point by lowering feet and dropping to the ground. Rope can cause burns.